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U. S. Department of Agriculture

Vitamin A

For Growth, and the Prevention of Certain Infections

Rats from the same litter, 11 weeks old



This rat had no vitamin A. It weighed only 56 grams.
Note the infected eye, rough fur, and lack of vigor



This one had plenty of vitamin A and weighed 123 grams.
It has bright eyes and sleek fur and is vigorous

Foods Rich in Vitamin A



Butter and cream
Whole milk
Cheese, made from whole milk
Eggs

Liver, all kinds
Cod-liver oil
Other fish-liver oils
Salmon, red

Green and yellow vegetables
Yellow fruits
Tomatoes
Olives